

ABSTRACT

A light diffusing element is invented which includes: a passage part which passes, as first light, light traveling in substantially parallel to an optical axis while almost not scattering the light, and a diffusion part which scatters light spreading outward from the optical axis by a predetermined angle or more and emanates the light as second light, in which the second light controls illuminance distribution in a light irradiation area defined by a region which is irradiated with the first light. According to the light diffusing element, optical loss can be minimized, the diffusion angle and the light irradiation area can be favorably controlled, and lower cost can be achieved.